

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 male and female students. The program included aerobic, strength, and flexibility exercises. The results showed that the program had a significant positive effect on the physical fitness of the students, with improvements in cardiovascular endurance, muscular strength, and flexibility. The program was well-received by the students and was considered an effective means of improving physical fitness.